

Last update on this document was made on 23/2/23 (dd/mm/yy).

PLEASE KEEP IN MIND that this typology document is still a complete work in progress, and is not completely done. The idea of this typology system and this doc were both made on 29/10/22, so this is a fairly new typology system (partly that, and partly me just being a typical primary unorganized...). If you have any suggestions, questions, etc. (which are *sort of* desperately needed) please contact [sx4pilled#8915](#) on discord. The descriptions you see here may have slight or major changes/updates made to them in the future.

Editors are in need, please contact me if you're interested :').

A TikTok video regarding this typology system has been made & posted on both @kazutaos and @fipilled, same video, just different accounts so it gets more reach (genius!).

INTRODUCTION

G/R (give/receive, giving/receiving) is a simple, and easily understandable typology system based on the five love languages (quality time, physical touch, words of affirmation, acts of service, and gift giving) made by [@kazutaos/fipilled](#) on tiktok/[sx4pilled#8915](#) on discord/[esfpillow](#) on pdb. All five types have a giving and receiving type, in which you can be weak or strong in giving/receiving in said five types. For example, you can be strong in giving physical touch, but weak in receiving physical touch (which would be TD, but can be typed out as TD, Td, tD, td – just depending if you are strong or mild on your weakness or strength of giving/receiving the certain love language). As a result, your G/R type will be typed out as ten letters – for example, pGfdLmv|Q|Jx (check below descriptions for letter-by-letter explanation) (this type has only been made-up for the purpose of example). This typology system is slightly like big 5/SLOAN, or

motives when it comes to formatting, with there being strong/mild tendencies, primary types, and in between/on average types.

Click here for my [linktree](#). Click here for SoP (Spectrum of Personality) typology system [document](#).

G - giving (how willing the person is to give, how natural giving the certain love languages to others, etc.)

R - receiving (how willing the person is to receive, how natural receiving the certain love languages from others, etc.)

Typing sorting; GRGRGRGRGR. Quality time G/R - physical touch G/R - words of affirmation G/R - acts of service G/R - gift giving G/R. (type examples are provided below the type descriptions)

GIVING	Strong	Weak	RECEIVING	Strong	Weak
Quality time	P/p	N/n	Quality time	G/g	R/r
Physical touch	T/t	F/f	Physical touch	H/h	D/d
Words of affirmation	K/k	M/m	Words of affirmation	L/l	S/s
Acts of service	A/a	V/v	Acts of service	Q/q	I/i
Gifts	J/j	W/w	Gifts	O/o	E/e

QUESTIONS

What do the lowercase and uppercase letters mean? What's the difference?

Lowercase and uppercase letters indicate the strong/mild tendencies of the certain giving/receiving type. For example, if someone were to be strong in giving words of affirmation,

but their tendency is weak, then the indication letter would be t. If someone were to be weak in receiving gifts, and strong in their tendency of being weak in receiving gifts, the indication letter would be E.

Can you be in-between two types?

If you happen to be in-between two types, unsure of which one you lean towards, or just don't really relate to any of the two, then you would use a lowercase x to indicate the said type. For example, if someone was in-between, unsure, or doesn't relate to the strong & weak types of receiving words of affirmation, the letter for that certain type would be an x instead of l or s.

What's a primary type? Am I required to have a primary type?

A primary type is indicated with a letter surrounded by one '|' on both sides (for example: |P|), or surrounded by a '[' on the left side and a ']' on the right side (for example: [E]). Primary types are pretty much described by its name – your primary, strongest, type out of the ten types for G/R. It isn't 100% necessary to have a primary type, you aren't exactly required to have one. You are allowed to have more than one primary or secondary type (secondary types are indicated by a '/' on both sides of the letter that is the said secondary type, for example. /Q/), I honestly don't see why not.

Do my G/R types contradict with my typology?

No. G/R has zero contradictions – it's love languages, and in my opinion, the way you prefer, or dislike the way you give/receive love has nothing much to do with your typology. For example, your typology in some systems can be affectionate types (like for example, high in affection in firo), but more than half of your G/R types (so five or more) are on the weak weak side of giving/receiving, it wouldn't be found contradictory. Though, some *idiots* (those idiots being those who make hundreds of stupid contradictions every single day... "oh this one sentence doesn't fit this one description perfectly") might say there are G/R contradictions, but I truly

believe there aren't. Most of the G/R type descriptions are far too vague, and you can honestly take more from the description than there is.

Why do G/R types look so ugly?

Believe it or not, I literally just made G/R out of impulse, I wanted more typology systems in my bio, and I wanted my bio to look like an absolute keyboard smash... so the idea of "let me make a typology system where NONE of the letter types make sense, like some child who doesn't know how to type got on a computer and just started smashing keys". I can probably find my exact wording from a few months ago, but to put it shortly, G/R types are intentionally ugly, to look like a keyboard smash so people are like "what the fuck is that?".

What are some type examples?

Below the type descriptions are some examples, real and made-up, of type combinations.

Besitz (typology resource discord server) [link](#).

LOVE LANGUAGE #1: QUALITY TIME

[1] GIVING QUALITY TIME how strong/weak the will, comfortability, natural ability, etc. to give quality time to others is.

Strong giving - P/p

A person who is strong in giving quality type, type P/p, might feel comfortable giving quality time with loved ones, and/or it just comes natural. The person might as well feel comfortable reaching out to a loved one to spend quality time with them. More often than not, this person usually is the one organizing social events and such.

Type P/h quotes:

1.)

Weak giving - N/n

A person who is weak in giving quality type, N/n, might feel uncomfortable with giving quality time with loved ones, and/or it just doesn't come natural to them. Someone who is type N/n might not prefer, and/or never reaches out to loved ones to spend quality time with them, since they might prefer doing something else rather than spending quality time with others.

Type N/n quotes:

- 1.) "During my freetime, I never really ask people I'm close to if they would like to spend time with me. I'm not really an event planner, either, I'm not sure why, but I've never really been."

[2] RECEIVING QUALITY TIME how strong/weak the will, comfortability, natural ability, etc. to receive quality time from others is.

Strong receiving - G/g

Someone who is a type G/g may feel comfortable receiving quality time with loved ones, and is more than often comfortable with spending time with people on events other people have planned out, and may not have any preference/isn't too picky on what they may be doing with someone, as long as if they are spending quality time with the other person. A type G/g may actively look for social events to attend, and social events, and spending time with people may mean a lot to this person.

Type G/g quotes:

- 1.)

Weak receiving- R/r

Type R/r's may feel uncomfortable receiving quality time with loved ones, and more times than not are uncomfortable with spending time with people on events the other person/people have planned out, and may not even show up and just stay home doing something that interests them more. This person may think that social events aren't truly that special, and are just a waste of

time. Person may be picky on what they do while spending quality time with others, and there's a chance they may criticize plans others might've made if it doesn't fit a type R/r's standards, doesn't interest them, etc., and/or suggest something else to do.

Type R/r quotes:

- 1.) "Most of the time when people close to me (especially my dad's side of the family) ask me if I want to spend time with them, I tend to lean towards the answer no, especially if it isn't something that interests me much, like watching a show or movie that I personally find boring. Besides the times where I automatically say "no" before the question even processes in my brain, I may consider going... but I would really prefer not to since I believe it doesn't really mean a lot to me, and usually I prefer doing things that interest me more."

LOVE LANGUAGE #2: PHYSICAL TOUCH

[3] GIVING PHYSICAL TOUCH how strong/weak the will, comfortability, natural ability, etc. to give physical touch to others is.

Strong giving - T/t

Desires physical closeness with loved ones, and acts upon this desire. could be described as touchy. May often try to comfort and support others by offering them physical affection, as they might believe it will help the person, and may as well assume people are close if they are having a lot of physical touch (ie couple on bench at a park holding hands).

Type T/t quotes:

- 1.)

Weak giving - F/f

more hesitant on touching others. might distance self from others while stressed. may be anxious to touch others in any situation, and might even self isolate to completely avoid doing so

Type F/f quotes:

1.)

[4] RECEIVING PHYSICAL TOUCH how strong/weak the will, comfortability, natural ability, etc. to receive physical touch from others is.

Strong receiving - H/h

Type H/h's most of the time adore receiving physical affection, and are most of the time completely comfortable with it. can be easily soothed and/or calmed down by physical affection. a hand hold or a hug is truly valued to this person. person may truly value physical touch from loved ones, and may ask for it often

Type H/h quotes:

- 1.) "I personally enjoy receiving physical touch, and I believe I always have. Physical touch from people I care for is one of the best things to me. I really enjoy being hugged and patted by others, it just gives me an unexplainable comfort that I can't really begin to explain. I don't really have any problem with people who are close to me that are more of the touchy type, I actually welcome people with that with open arms."

Weak receiving - D/d

More hesitant on allowing people to touch them, and a type D/d may distance themselves physically from others if they believe they're too close, physically, than their preference may be with the person. might distance themselves from others while stressed. People who are a type D/d may be anxious to allow others to touch them in any situation, the reasoning being fear of getting hurt, being uncomfortable with receiving physical touch, etc., and may even self isolate to completely avoid doing so.

Type D/d quotes:

1.)

LOVE LANGUAGE #3: WORDS OF AFFIRMATION

[5] GIVING WORDS OF AFFIRMATION how strong/weak the will, comfortability, natural ability, etc. to give words of affirmation to others is.

Strong giving - K/k

Giving genuine words of affirmation is like a piece of cake for type K/k's, it's like the talent of theirs is natural. Usually type K/k's do not hesitate to give others words of affirmation, and it seems like they always know the perfect thing to say. When this person may see someone upset, their first reaction/response may be to give them sincere words of affirmation. This person may be able to easily empathize with others.

Type K/k quotes:

1.)

Weak giving - M/m

This person may not be the best when it comes to giving others words of affirmation – more than not, the right words to say don't come to them instantly. This person's first response to when someone is upset or is in need of comfort is usually not giving them words of affirmation, unlike type K/k, as this is not this person's best suit.

Type K/k quotes:

1.) "I've always been not the absolute best at giving words of affirmation. I honestly don't really think I can genuinely help people with words of affirmation. Honestly, when comforting others with words of affirmation, all I can give is a crappy 2-sentence message – it's really the best I'm able to do. Other people are a thousand times better than me when it comes to giving words of affirmation."

[6] RECEIVING WORDS OF AFFIRMATION how strong/weak the will, comfortability, natural ability, etc. to receive words of affirmation from others is.

Strong receiving - L/I

Words of affirmation from loved ones are very treasured words for this person, and type L/I's more than not take these words of affirmation to heart. The perfect thing to calm type L/L's down, or help them in most situations are genuine spoken words of affirmation.

Type L/I quotes:

1.)

Weak receiving- S/s

Words of affirmation may easily overwhelm, or may not even help/affect type S/s. Type S/s may avoid talking to people about their emotions, struggles, etc. to avoid words of affirmation. Words of affirmation may make this person slightly or very uneasy, and may not really like, or appreciate them – depending on the person saying said words of affirmation, etc.. Type S/s' person might as well have a difficulty taking the words to heart – words of affirmation may not even help this person. More than not, person may think people giving them words of affirmation is a waste of time, and possibly can feel guilt when receiving words of affirmation, either being because they don't exactly prefer sharing their emotions, they'll know it'll not help them, and don't really want to hurt the giver of the words of affirmation because of this fact, etc..

Type S/s quotes:

1.) "I don't think words of affirmation help me much – if I happen to be upset, I usually avoid words of affirmation since for me 1.) again, they don't help me much – they're really just words 2.) i don't exactly like depending on others to make me "feel better", or whatnot – so more than not, in a situation where there are words of affirmation, it just turns into an icky emotional situation since in my head, the giver is now all worried about if their words will actually help the person, if they said the wrong thing... etc. etc. and the receiver (for this example the receiver is me) feels guilty, more than just because of the lack of help the said words of affirmation really do. This is really all complicated, and long, but in short I'd just prefer to avoid receiving words of affirmation entirely."

LOVE LANGUAGE #4: ACTS OF SERVICE

[7] GIVING ACTS OF SERVICE how strong/weak the will, comfortability, natural ability, etc. to give acts of service to others is.

Strong giving - A/a

enjoys helping and serving others, either it being with work, chores, they're almost always perfectly fine with helping, and don't really mind spending their own personal time out of their day to help others

Weak giving - V/v

not really the best at helping and serving others, might think they can't do much good when it comes to helping others. they might not put a tremendous amount of effort into helping and serving others, unlike type g. might be described as more selfish when it comes to their own time, that it's just not worth using their own time helping others while they could be doing something for themselves, or doubtful of their abilities when it comes to helping others

[8] RECEIVING ACTS OF SERVICE how strong/weak the will, comfortability, natural ability, etc. to receive acts of service from others is.

Strong receiving - Q/q

might be more dependent on others. may tend to ask for help since it may be way to bond for them, depending on the task. loves the feeling of people serving and helping them, and as well feels loved and taken care of because of the person giving the acts of service to them

Weak receiving- I/i

might be more of an independent person, and may not like or enjoy other people helping them – either due to wanting to do things by themselves (and possibly thinking that others just won't do it the same way, or the thought of people messing up or not doing it 'as good' as them), guilt, etc. doesn't really ask for help, thinking it might make them look like less, or weak

LOVE LANGUAGE #5: GIFTS

[9] GIVING GIFTS how strong/weak the will, comfortability, natural ability, etc. to give gifts to others is.

Strong giving - J/j

enjoys spoiling others with gifts, and loves seeing the reactions on others faces when they receive gifts. truly puts careful thoughts when preparing gifts for others, and is rather selfless when it comes to resources, money, or items. often prepares gifts for special occasions, or might just give gifts on random occasions.

Weak giving - W/w

hesitant on giving others gifts, either if being laziness, uncertain on how they might spend money, or a worry about resources. might tend to hoard items. (please help me with this desc... i dont even know whaf to put - luv, xai!!!)

[10] RECEIVING GIFTS how strong/weak the will, comfortability, natural ability, etc. to receive gifts from others is.

Strong receiving - O/o

person truly enjoys receiving gifts, and enjoys being spoiled by loved ones with said gifts. might “use” others for their money, valued possessions, etc. intentionally or unintentionally. (what do i put for this.)

Weak receiving - E/e

person doesn't really enjoy receiving gifts, and doesn't see as much of a love language, as well might not understand how others may see it as a love language. person might feel guilty when receiving a gift from a loved one, especially if it is an expensive one – even if it is given on a ‘special occasion’.

TYPE EXAMPLES

pgT|H|mSvxWE

p - weak tendency of strong **GIVING** quality time

g - weak tendency of strong **RECEIVING** quality time

T - strong tendency of strong **GIVING** physical touch

|H| - strong tendency of strong **RECEIVING** physical touch, primary type

m - weak tendency of weak **GIVING** words of affirmation

S - strong tendency of weak **RECEIVING** words of affirmation

v - weak tendency of weak **GIVING** acts of service

x - in-between of strong and weak **RECEIVING** acts of service

W - strong tendency of weak **GIVING** gifts

E - strong tendency of weak **RECEIVING** gifts

pGfdLmv|Q|Jx

[1] **p** - weak tendency of strong **GIVING** quality time

[2] **G** - strong tendency of strong **RECEIVING** quality time

[3] **f** - weak tendency of weak **GIVING** physical affection

[4] **d** - weak tendency of weak **RECEIVING** physical affection

[5] **m** - weak tendency of weak **GIVING** words of affirmation

[6] **L** - strong tendency of strong **RECEIVING** words of affirmation

[7] **v** - weak tendency of weak **GIVING** acts of service

[8] **|Q|** - strong tendency of strong **RECEIVING** acts of service, primary type

[9] **J** - strong tendency of strong **GIVING** gifts

[10] **x** - in-between of strong and weak **RECEIVING** gifts